



Hearty Cranberry-Bison Stew

 Dairy Free

READY IN



150 min.

SERVINGS



8

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 29 ounce beef broth canned
- 1.5 cups carrots chopped
- 1 cup celery sliced
- 2 pounds bison chuck roast cut into 3/4-inch cubes, or bison stew meat
- 1.5 cups cranberries fresh rinsed
- 2 cups cranberry juice cocktail
- 1 teaspoon marjoram dried

- 1 teaspoon thyme leaves dried
- 0.5 cup flour all-purpose
- 2 cups cut green beans frozen
- 0.5 cup onion chopped
- 1 teaspoon salt
- 1 tablespoon sugar
- 3 tablespoons vegetable oil

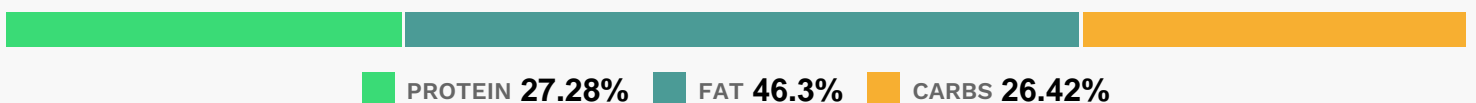
Equipment

- bowl
- ziploc bags
- dutch oven

Directions

- Reserve 1/4 cup of the flour.
- Place the remaining flour in a resealable plastic bag.
- Add bison chuck roast cubes, a few at a time, shaking to coat.
- Heat oil over medium-high in a 5- to 6- quart Dutch oven or pot. Brown bison cubes in batches on all sides in hot oil.
- Drain off fat. Stir in 3 cups of the broth, the cranberry juice, cranberries, onion, thyme, marjoram, sugar, salt, and pepper. Bring to boiling; reduce heat. Simmer, covered, for 1 hour.
- Stir in green beans, carrots, and celery. Simmer, covered, for 1 more hour or until bison and vegetables are tender. Stir the remaining 1/2 cup broth and the reserved 1/4 cup flour in a small bowl until smooth; stir into stew. Cook and stir until thickened and bubbly; cook and stir 1 more minute.

Nutrition Facts



Properties

Glycemic Index:54.24, Glycemic Load:12.77, Inflammation Score:-10, Nutrition Score:23.736956565276%

Flavonoids

Cyanidin: 8.94mg, Cyanidin: 8.94mg, Cyanidin: 8.94mg, Cyanidin: 8.94mg Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 9.48mg, Peonidin: 9.48mg, Peonidin: 9.48mg, Peonidin: 9.48mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.45mg, Epicatechin: 1.45mg, Epicatechin: 1.45mg, Epicatechin: 1.45mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg Quercetin: 7.05mg, Quercetin: 7.05mg, Quercetin: 7.05mg, Quercetin: 7.05mg

Nutrients (% of daily need)

Calories: 358.21kcal (17.91%), Fat: 18.68g (28.73%), Saturated Fat: 6.66g (41.65%), Carbohydrates: 23.98g (7.99%), Net Carbohydrates: 21.22g (7.72%), Sugar: 12.48g (13.86%), Cholesterol: 78.24mg (26.08%), Sodium: 795.46mg (34.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.76g (49.53%), Vitamin A: 4293.57IU (85.87%), Zinc: 8.79mg (58.57%), Vitamin B12: 3.17µg (52.8%), Vitamin C: 35.35mg (42.85%), Selenium: 27.18µg (38.84%), Vitamin B3: 6.71mg (33.54%), Vitamin K: 33.83µg (32.22%), Vitamin B6: 0.55mg (27.66%), Phosphorus: 264.08mg (26.41%), Iron: 3.59mg (19.92%), Potassium: 649.4mg (18.55%), Vitamin B2: 0.28mg (16.58%), Manganese: 0.32mg (15.98%), Vitamin B1: 0.19mg (12.46%), Fiber: 2.76g (11.02%), Vitamin B5: 1.01mg (10.12%), Folate: 40.42µg (10.1%), Magnesium: 39.76mg (9.94%), Vitamin E: 1.34mg (8.95%), Copper: 0.14mg (6.93%), Calcium: 58.82mg (5.88%)